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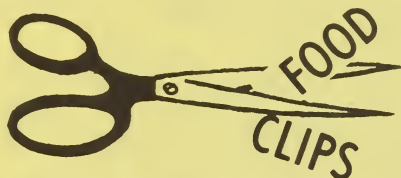
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Food and Home Notes

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Be imaginative with summer salads -- use different greens -- iceberg, bibb or leaf lettuce -- romain, endive, escarole, spinach, watercress, Chinese cabbage, or celery tops.

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Carrots often need a "gourmet" touch -- try adding a bit of allspice, bay leaves, caraway seed, dill, fennel, ginger, mace, marjoram, mint, nutmeg or thyme--what-ever -- it's your choice. But, remember, a little goes a long way!

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Dark-green and deep-yellow vegetables--carrots, spinach, sweetpotatoes, broccoli, kale -- are all good and inexpensive sources of vitamin A.

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Sort fresh vegetables before storing and discard or use at once any bruised or soft vegetables. Don't even store them with sound firm vegetables.

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Gjetost - a sweet cheese - is usually served as a desert or snack. According to USDA researchers it has a sweet caramel - type flavor.

IN SEARCH FOR ENERGY — Or Back To Windmills

Time was that picturesque windmills dotted the rural areas of the country--but that was long ago. The old windmill was replaced largely by steam, internal combustion engines and electric motors to drive the pumps. But--windmills may be on the scene again.

Windmills could make a strong comeback as we search for ways to conserve fuel and energy--especially on the farm, according to the U.S. Department of Agriculture. USDA's Economic Research Service has now recommended that more windmills be build to provide power to fill stock tanks for livestock producers.

Other energy saving recommendations are to remove unnecessary fences and hedgerows so that machinery can operate on larger fields and be moved easily from field to field--to save fuel. Research shows that larger farms are more fuel efficient. Farms of less than 100 acres burn 3 to 4 times more fuel per acre than a 200 acre spread. The biggest fuel savings can be gained by switching from gasoline to diesel-powered tractors and eliminating unnecessary tillage operations, according to the recommendations.



Dr. Nonaka shows potato slabs in first steps.



...Potato slabs are mashed through rice peelers.



...Processed potato mash coming from shaping die



On left, conventional style French fries; on right, new, uniform shapes. These pictures are available free to the PRESS by writing to Photography Division, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.

"MASHED" FRENCH FRIES — Better For Less

French fries, one of the All-American favorite foods for several decades-- may soon be produced by a new "no waste" method which uses the entire potato. The new method produces a high quality product--more flavorful, less oily and more economical to produce than the conventional product. It could provide a better product for less money for the consumer, according to U.S. Department of Agriculture scientists.

"In every strip you'll get more solid" explains Chemist Masahide Nonaka, one of the scientists conducting the research at the Western Regional Research Center in California. All potatoes may be used, even the small and misshapen ones. There are no chemical additives in the new process of making French fries from extruded potato mash. It's a physical method of making the product into the desired shape that improves the crispness and rigidity -- thus allowing it to absorb less oil during finish-frying.

In the new process, unpeeled, washed potatoes are cut into slabs of equal thickness so that they cook uniformly. They are steam cooked -- after all rot and damaged spots are removed. Then they go into a ricer-peeler which eliminates the conventional peeling equipment. The potato-mash then is put through a machine and molded into the desired shape--the conventional length of four or five inches long. They are surface texturized by a combination of drying and steaming processes with hot air at about 250 to 275F.

By following this method, no preservative or binders are needed according to the Agricultural Research report. For home consumption the new processed French fries are fried, packaged and frozen. Eight to 10 minutes for heating in the home oven is all that is necessary. These potatoes prepared for institutional use are not packaged in the same way...they are not fried prior to freezing. These products have been test-marketed and may be commercially available by the end of the year. However, they are not available at this time:

"LAMB'S QUARTERS" Anyone?

What grows in your garden? Lots of weeds? Maybe in between those weeds in your garden you'll find some edible wild greens -- one of the bonus points to weeding. You may have overlooked one called "Lamb's quarters"...unless you're already familiar with it.

Sometimes called pigweed or wild-spinach, Lamb's quarters grows in abundance right along with the weeds according to Jay Hensley, a Public Information Specialist at the University of Kentucky. It's usually easy to recognize (if you're looking for it!) and fun to pick -- and easy to freeze.

If left alone, Lamb's quarters will grow more than 4 feet high and new plants will keep coming up all summer according to Ms. Hensley. But, the best time to pick it is when it's about 6 inches tall. The diamond shaped leaves are light green on top and mealy white underneath. The flowers are also green and have tiny black seeds. According to legend, the North American Indians used to cook the seeds until they became soft so they could be used as food. The entire plant is edible and it tastes like spinach with no harsh flavor.

If you want to prepare Lamb's quarters for the freezer...make sure you don't have any stray grass strands...wash in cold water and blanch for 2 minutes in boiling water. Drain, cool in cold water for another 2 minutes and put into freezer containers leaving $\frac{1}{2}$ inch headspace. Freeze at once. They rate along with spinach, kale and collard greens on the mineral and vitamin scores. At least, that's what they say in Kentucky.



Lamb's quarters—also called pigweed or wild spinach.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.